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KEVIN TUONG/ FOR METRO

Judge rules Travis Vader's murder trial can be broadcast metroNEWS

Urgent care centre going 24/7

HEALTH

Wildrose fears Airdrie facility will become a 'waiting room'

Jeremy Simes
For Metro | Calgary

Airdrie's urgent-care centre will soon operate 24/7, a move welcomed by officials as the city has grappled with a lack of 24-hour care.

Metro has learned the Alberta government will announce the change, coming by 2017, on Wednesday.

The province and City of Airdrie have been consulting on 24-hour care for the past six years. In December 2015, Mayor Peter Brown and Health Minister Sarah Hoffman discussed the lack of 24-hour care in Airdrie and the need for a new health campus.

At the time, Hoffman said the biggest hurdle was money.

Angela Pitt, Wildrose MLA for Airdrie, said 24-hour medical services at the urgent-care centre is a good first step.

However, she said the facility isn't adequate and hopes the government works toward helping fund a new, upgraded one.

"There are some concerns this will turn into the 24-hour waiting room," Pitt said. "But we're going to remain positive."

The current facility had undergone renovations to increase the total number of beds to 14. The facility has been operating from 8 a.m. to 10 p.m.

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On... and on... and on...

Calgary council meetings are dragging on for more than 12 hours, and it's costing taxpayers

Helen Pike
Metro | Calgary

Secondary suite applications, in particular, are helping to take city council meetings into the small hours. METRO FILE

City council likes to talk — so much that meetings sometimes stretch more than 12 hours.

In 2015, 12 meetings stretched all day and past 9 p.m., which in the past administration has said costs the city $10,000 in overtime. So far, in 2016, nine meetings have gone over the 9 p.m. mark — still five meetings shy of the 2014 total at 14 overtime meetings.

The cost was calculated based on how many extra hours city workers — about 21 of them may be eligible for overtime — were required to stay behind while councillors discussed items past the supper break, according to what chief financial officer Erik Sawyer told councillors in February 2015.

With only a few more months of this calendar year to go, the 2016 public hearing hours are stacking up. On Tuesday, council wrapped its second day of the regular council meeting, having a record 69 public hearing items on the agenda. Items dominating 2016 agendas are secondary suite applications, all of which are still being heard, at five minutes per speaker.

According to Rollin Stanley, general manager of urban strategy, the city has seen a noticeable — 55 per cent — increase in secondary suite permits. As for the meeting lengths, when asked in April, the mayor wasn't too fussed about going overtime.

"Most of the people who have to stick around are management staff anyway," said Naheed Nenshi, noting those individuals are exempt from overtime pay. "I don't mind the evening sessions because it gives people who are working during the day the opportunity to observe council on TV or online but also in real life."

But he noted he's glad council is able to keep the gabbing to a minimum.

"Do the meetings last as long as they should? No, they could be managed better," said Coun. Ward Sutherland in April. "We want everybody to have an opportunity to chat, but I think there's times when it's not productive."

Notable in 2015 were two meetings that, after adjourning quite late, spanned three consecutive days, and so far in 2016 we've had one triple-header meeting. That didn't happen at all in 2014.

Sutherland said that after a 12-hour meeting, attention spans are short and things get rushed.

> **"I'm not sure you make great decisions at two in the morning.**
> Mayor Naheed Nenshi

"Maybe the chair should talk less," Sutherland said. "The chair is responsible for managing council, so the chair should manage more strictly and perhaps contain their comments, too."

Coun. Druh Farrell said it's not the time meetings take but the quality of discussion and decisions made. But she was quick to point out there's some discussions, perhaps secondary suites, that do eat up a lot of time.

"When it's a public hearing, often the length of the agenda is out of our control. We can't predict the number of people who come to speak on the item," Farrell said. "We want members of the public to feel comfortable speaking in front of their council. But what we hear as a public hearing item needs to be reviewed."

Nenshi said in the past meetings have gone on until the wee hours without adjourning to the next day, just to get the item done. And he noted that's dangerous too, because some pretty tired councillors are making important decisions.

"In the old days, not that long ago, council would go all night, and I'm not sure you make great decisions at two in the morning."

Meetings were tallied as of 7:00 p.m. Tuesday while council's September 12 agenda was still ongoing.

BY THE NUMBERS

$10K
The approximate cost of overtime for staff if they stay past the work day.

3
Days some meeting agendas have stretched in 2015 and 2016.

69
Land use items, each with a public hearing, council has dealt with over a single meeting agenda.

9
Meetings that have gone on past 9 p.m. so far in 2016.

5
Meeting agendas that have stretched over two days in 2016.

COMPILED BY HELEN PIKE

COMPOSTING

City waives green cart fees for next year

Brodie Thomas
Metro | Calgary

Council voted unanimously to give Calgarians a break on their green cart fees in 2017, but one councillor wants to see the city do more to help people in all demographics.

Coun. Joe Magliocca brought forward the idea of waiving the monthly $6.50 with the backing of Mayor Naheed Nenshi.

The mayor said despite public engagement and a high satisfaction rate among people living in the four pilot communities, he thinks citizens needed more time to warm up to the idea of a composting program.

"They need to learn to love it," said Nenshi. "I'm trying to convince my own mother that putting different types of kitchen catchers under the sink is not a bad thing. You just have to be thoughtful about this."

Coun. Evan Woolley said waiving the $6.50 fee will help a very specific demographic of people — those who live in detached homes up to and including fourplexes.

While he voted in favour of the motion, he called on the mayor and other councillors to develop a suite of cuts to help Calgarians across all demographics.

"Remember, we're giving a tax cut — some relief — so that people can throw away their food for free," said Woolley. "This past weekend, I spent in social housing with kids who were stealing food to take home to their families."

He suggested taking $100 million from the city's approximately $500 million Fiscal Stability Reserve to create a cohesive package of relief.

"I think it's incumbent upon the mayor to have this conversation with council," said Woolley.

Minister of Education David Eggen said although the economy might be at a standstill, youth populations and education needs are still growing. LUCIE EDWARDSON/METRO

Spend carefully, Eggen says

EDUCATION

Number of schoolkids growing, warns minister

Lucie Edwardson
Metro | Calgary

Alberta's education minister is reminding school boards to take a "sober second look" at every dollar they spend in this recession.

Metro reported last week, that the Calgary Board of Education superintendent of facilities and environment, Dany Breton, received $3,500 a month from November 2015 to April 2016, negotiated into his "offer of employment" last fall.

Metro also reported Tuesday that the CBE didn't have public contracts for their superintendents (other than the chief superintendent), which critics said didn't bode well in terms of transparency and clarity.

"Why would you hire top-level executives without a clear contract?" asked Mark Smith, Wildrose education shadow minister.

Education Minister David Eggen said all public bodies have to spend carefully during an economic downturn.

"I think we all have to live within the circumstances that we are in and we know that we're in a tight spot as a government generally," he said. "I certainly entrust the decisions of the individual school budgets to the trustees who have been elected to do so — but I certainly encourage them every day and at every juncture to spend carefully."

Eggen said although the province's economy might be at a standstill, the number of children requiring education hasn't stopped growing.

"The public is watching and we have to be conscious of that," he said. "Education is our second largest public expenditure and every dollar counts. Our schools and population of children are still growing even if our economy is not."

The CBE is currently reviewing how the terms and conditions for hiring "exempt employees," — including superintendents, but have no timeline for when the review would be completed.

"Education is our second largest public expenditure and every dollar counts."
David Eggen

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MEDICAL MARIJUANA

Milk River approves rezoning

A small southern Alberta town could soon be home to a medical marijuana grow operation.

The Green Living Agriculture Company approached the community of Milk River months ago about its proposal to build a facility on the north end of town adjacent to a water reservoir.

On Monday, about 90 town residents attended a public hearing prior to council approving a bylaw to rezone the land for the proposed site.

Mayor David Hawco says he and most of the community's approximately 900 residents support the project, and it would bring jobs to the region.

"It is not to bring criminals into town, it's not to do any of that, it is to improve the town and improve everything about the town," Hawco said.

THE CANADIAN PRESS

ENTERTAINMENT

Girl, 13, in top 10 of dance series

While Leon "Kida" Burns took home the big prize in this season's So You Think You Can Dance, it was 13-year-old Tate McRae who captured the hearts of Calgary viewers.

The local dancer — who was also the only Canadian dancer in the top 10 — took third place in this year's season, which was focused on the younger generation of up-and-coming dancers.

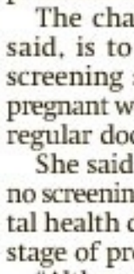
"What a night!! So grateful for this entire experience," she wrote in an Instagram post. "This has been quite the journey."

McRae had told Metro previously that, regardless of whether or not she wins, dancing will be a lifelong passion. METRO

Researchers to create prenatal screenings

HEALTH

Mental illness assessment key to better patient outcomes



Jeremy Simes
For Metro | Calgary

Dawn Kingston, a nursing professor at the University of Calgary, will oversee new provincial research that aims to treat women for their mental health during pregnancy, rather than the postpartum stage. CONTRIBUTED

The first of its kind in Canada, an Alberta research partnership will address women's mental health during the early stages of pregnancy, as a University of Calgary researcher says treatment during postpartum can be too little, too late.

On Wednesday, the University of Calgary and the Royal Alexandra Hospital Foundation in Edmonton will announce a new research partnership that focuses on mental health for women in the perinatal stages of pregnancy.

Dawn Kingston, an associate professor in the faculty of nursing at the University of Calgary, will accept the faculty's fifth research chair, the Lois Hole Hospital for Women Cross-Provincial Chair in Perinatal Mental Health, to fund research for perinatal mental health.

The chair's goal, Kingston said, is to have a provincial screening system in place for pregnant women as part of their regular doctor visits.

She said there are currently no screenings for women's mental health during the perinatal stage of pregnancy in Canada.

"Although mental health is the most common problem in pregnancy, we're not doing anything about it," Kingston said. "Fifty to 80 per cent of women that had postpartum depression had symptoms that actually started in pregnancy that we could have detected."

Kingston said researchers have been testing e-screenings, where women are given a tablet to complete the screening online while waiting in the doctor's office.

> **Postpartum is too little, too late.**
> Dawn Kingston

That information could then be directly submitted to an integrated referral system, where doctors can decide which women require further care.

Researchers are also testing a series of free e-therapies, Kingston added. She said e-therapies provide women with help right after their screening, rather than having to wait nine to 11 months for a psychologist or psychiatrist.

"E-therapies may be all that women need," she said, noting some research suggests stress in the mom can cause mental health problems in the child.

She said one-third of children are affected by perinatal stress and two-thirds of women don't report their poor mental well being to their doctors.

"It's hard for the child to learn at school. It's hard for them to make friends," she said. "Treating pregnancy, then, interrupts this ongoing cycle that will continue."

Kingston said women can also end up in emergency rooms if their mental health issues aren't addressed.

"Postpartum is too little, too late. That's not where mental health care begins," she said.

"If women feel like they're struggling with anxiety, depression or high stress — or are not sure whether what they're experiencing is normal or not — during pregnancy, then they need to raise it with their doctors."

ACCESSIBILITY

City adds new sign postings

Helen Pike
Metro | Calgary

For those who can see, there's new signs, and for those who can't there's braille.

The City of Calgary has started implementing newly approved Access Design Standards, which implement a number of new symbols and requirements over the city's old mandate to help those with an array of accessibility needs.

Most notably the city is now implementing online listings of what kind of accessibility tools public buildings have on offer. Places like the Max Bell Arena and other leisure centres, for example, are now posting locations for wheelchair ramps, entrances and other key points online.

"We have enhanced requirements for signage, so what we've done is included a number of different symbols we feel are more representative of the different types of disabilities that are out there," said Ulrik Seward, safety codes officer with the City of Calgary. "We have a symbol of someone using a service dog as well as a symbol of a person using a white cane."

Mezaun Evin with the Calgary Ability Network said any changes to make accessibility more available, is positive.

"Any signage or any information that's going to help our sector access the community efficiently and have more opportunities is always a good thing," Evin said. "They need to appear larger than regular font, and hopefully include braille."

Seward said the intent of the symbols is to incorporate them into buildings, printed materials and online publications. Even one time events, like public engagement, would be required to post what kind of services will be available at the time.

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Last big push for cycle track

INFRASTRUCTURE

Supporters come out in numbers to boost statistics

Helen Pike
Metro | Calgary

Fall is in the air, but one group of two-wheeled enthusiasts is hoping the crisp weather doesn't mean packing bikes in garages or storage lockers for the season.

Calgary is gearing up for its final go at data collection for the cycle track pilot before council considers scrapping, or keeping the contentious project.

So, what better time for an advocacy group to pedal through the area with "record breaking" goals?

"We wanted to give them that extra push to go out and ride them," said Peter Oliver, with Calgarians for Cycle Tracks. "We saw in the spring how we were breaking record after record, so we'd like to give it one more go before it starts getting chilly outside."

Matt Greer, Janet Stewardson and daughter Margaret took a different route home Tuesday, responding to Calgarians for Cycle Tracks' challenge to explore 8 Avenue. HELEN PIKE/ METRO

Through the month of September, Calgarians for Cycle Tracks will be encouraging the community to zoom through weekly goals and remind the city that fall is a great time to ride to work, or play downtown.

Matt Greer and his family of three first geared up for the cycle tracks in February after their daily walking commute became a little longer with their daughter's stroller in tow. Ever since, Greer said, the cycle tracks have been a way to help his family connect with Calgary in and outside of downtown.

"We use our car basically only for going to the mountains or getting our groceries," Greer said. "We've heard word city council might be on the fence about whether or not the cycle tracks are worth keeping in. We want to show that they… get us out, moving around safely, so we want to support them as much as we can."

Greer added he hopes to see the tracks expand and meet connections because as the network exists now, there are points where those on bike are left in a lurch.

Oliver said they've chosen 8 Avenue as their first goal, one of the few stretches on the network not doubling or tripling the baseline numbers.

"We put a out a challenge to go out there, visit businesses, go for some bike rides and enjoy the weather," said Oliver. "Stephen Avenue might not in all cases be right at the targets that were set. What's important to keep in mind is the network all together."

Oliver said it's important to have all legs of the network connected, and that council looks at the project holistically.

ECONOMY

Wage boost no threat to jobs: Notley

Alberta Premier Rachel Notley says it was time to lock in minimum wage increases that guarantee workers will be paid $15 an hour by 2018.

The government has had extensive discussions with stakeholders and economists, Notley said in Calgary on Tuesday. The increases are sustainable and provide a fair wage for those who need it the most, she said.

"We've been listening and talking and deliberating, and we believe that we're striking the right balance."

When asked about potential job losses, she said she didn't think that will happen.

Notley made the comments a day after Labour Minister Christina Gray announced cabinet had passed the required regulation to not only raise the rate to $12.20 an hour this October, but also to boost it again in October 2017 and once more in October 2018.

The changes can only be rescinded by Notley's cabinet or by a successor government.

Business groups and opposition critics have been urging Notley's government to rethink the increases. They say the raises are too much, too fast, and will further cripple businesses already hurt by a protracted slump in oil prices.

Amber Ruddy of the Canadian Federation of Independent Business said the province is blindly pursuing an ideological agenda.

"This government has ignored their own advisers, entrepreneurs and the facts," said Ruddy, whose organization represents small-business owners.

Grant Hunter with the Opposition Wildrose party called the move ill-timed tinkering.

"Vulnerable Albertans will be affected by this," he predicted.

As of Oct. 1, Alberta will have the highest minimum wage amongst all provinces. The territories — Nunavut at $13 an hour and the Northwest Territories at $12.50 an hour - remain higher.

> **We believe that we're striking the right balance.**
> Premier Rachel Notley

The changes were promised by the NDP in the 2015 election campaign and began last fall when the government raised the wage to $11.20 an hour from $10.20.

On Oct. 1, it will rise by $1 to $12.20 an hour, then to $13.60 next year and finally reach $15 an hour on Oct. 1, 2018.

THE CANADIAN PRESS

Posto Pizzeria and Bar posted this missing poster after its pig statue, Bacon, went missing. TWITTER / NATALIE SIT

THEFT

Wanted: Pilfered pig

Jeremy Simes
For Metro | Calgary

In what has been the second swine statue swipe in three weeks, a Calgary thief has a local restaurant squealing for help.

According to a missing sign posted by Posto Pizzeria and Bar, the restaurant's pig statue, Bacon, has been missing since Sept. 7.

Bacon, a two-year old gold statue, was last seen "running south on 8 Street SW in the arms of a downtown hooligan," the poster reads.

The "downtown hooligan" is said to have a tattoo on his or her face, according to the poster.

In late August, Metro reported the Unicorn Superpub had seen their beloved porker, Henry, stolen.

Henry has since been returned, according to the Unicorn's Kevin Warner, who says the pig statue is now fastened to the entrance with metal wire. Warner was concerned when learning of Posto's porky situation

"Another one?" he said. "Wow."

If you know of Bacon's whereabouts, Posto is asking you call 403-263-4876.

The restaurant is also offering an award.

‘Vulnerable’ registery gets mother’s seal of approval

CPS

Police system already proven to be effective searching tool

Lucie Edwardson
Metro | Calgary

Joannne Dorn says she registered her son, Josh, with the Calgary Police Service’s vulnerable person self-registry because it sets her mind at ease — and she recommends others caring for vulnerable people do the same.

The CPS vulnerable person self-registry, set up roughly one year ago, allows for Calgarians to register themselves, or vulnerable people they care for, so that police know what they look like, their name, what medical conditions they might have and how to best approach or communicate with that person.

> **It’s giving you a second set of eyes in the city.**
> Joanne Dorn

Dorn said knowing city police officers have the best information to deal with any situation Josh, who has cerebral palsy and is non-verbal, might find himself in — and he might be in danger or trouble — gives her peace of mind.

“I think it gives the police the information they need to make sure they connect that individual with the appropriate services or reach their family,” she said. “It’s that peace of mind. It’s not an invasion of privacy, it’s providing the tools to ensure a vulnerable person is taken care of and every safety opportunity is met.”

The Calgary police said nearly a year after beginning the registry it’s already proven itself to be an effective tool.

In an example provided by CPS, an elderly man suffering from dementia went missing from his home. Instead of spending what’s usually quite a bit of time collecting his information, they were able to immediately get all they needed, including his photo, from the registry.

The CPS said because of his registry, the man was found safely just a few hours after he went missing.

“When our officers or other first responders can immediately find out about any special needs of the vulnerable people we encounter, it gives us the ability to help that person more quickly and effectively,” said Constable Patty Desormeau.

Dorn who also works as the director of development for the Cerebral Palsy Association of Alberta said she recommends others register their vulnerable person as well — even if they never have to use it. She said it’s a proactive approach to providing the right care to your vulnerable person.

“It’s giving you a second set of eyes in the city of Calgary should they ever be put in a situation where somebody who knows them isn’t around. The CPS can look their information up rather quickly,” she said. “They can then resolve situations as soon as possible so that no one is in a panic and prevent medical issues.”

Calgarians can register or renew their profile by visiting www.calgarypolice.ca and searching for “Vulnerable Person Self-Registry.”

Constable Patty Desormeau and registered vulnerable person Josh Dorn. Josh’s mother Joanne said the registry gives her peace of mind. JOANNE DORN/CONTRIBUTED

MURDER TRIAL

Sister recalls late teen

The sister of a teen who died of starvation and untreated diabetes broke down in tears Tuesday as a video of his last birthday was shown in court.

“He was a little down, probably because he was not feeling the best,” said the sister, who was called as a defence witness at the trial of her parents.

The witness’s name and age are under a publication ban.

Emil Radita, 59, and his wife, Rodica, 54, are charged with first-degree-murder in the 2013 death of 15-year-old Alexandru. They have pleaded not guilty.

The teen, who was one of eight children, weighed just 37 pounds when he died.

The sister grew visibly upset after the video was shown and she was asked about his final birthday, three months before his death. She recalled the last time they spoke the week he died.

“He was kind of sick ... just the daily sickness,” she said. The sister said her parents — mainly her mother — would treat her brother when he was ill. “They would give him tea and herbs.”

The trial has heard from medical officials and social workers, who were involved with the Raditas from the time Alexandru was first diagnosed with diabetes in 2000 up until the family left British Columbia while under the eye of child-welfare services.

Witnesses have testified that the parents refused to accept that their son had diabetes and failed to treat his disease until he was hospitalized near death in 2003. One witness described the teen as nothing more than “skin and bones.”

The trial began May 24 and the Crown concluded its case in June before it was adjourned for the summer. It has argued the teen’s parents fostered complete dependence by keeping their son out of school and isolating him from the community. THE CANADIAN PRESS

COMMEMORATION

Tributes are paid to city’s fallen firemen

Helen Pike
Metro | Calgary

It was a ceremony for those who run towards danger, when others flee it.

On Tuesday, the Calgary Fire Department honoured 43 fallen members in the annual firefighter memorial ceremony. It’s a yearly public commemoration to those who have lost their lives in the line of duty.

CFD Chief Steve Dongworth said the significance of the ceremony is to respect the lives of those who willingly gave up theirs to keep the citizens of Calgary safe.

“We think this is one of the most important dates on our calendar,” said Dongworth. “It’s helped us sharpen our focus on safety to make sure we have fewer occupational deaths moving forward.”

Steve Whynot, wearing an Honour Guard uniform at the ceremony, brought his son Owen along to show him the firefighter family. Owen thinks he’s a firefighter, but for now he’s an honourary member of the CFD. He kept a keen eye on the proceedings wearing his red chief hat and fire truck backpack.

Many other families were present at the ceremony where this year CFD also honoured those who have suffered the cumulative effects of being on the job.

Mayor Naheed Nenshi was also there to pay tribute.

“I love to talk about our colleagues who are emergency responders,” he said.

“I love that in our community at a time of crisis, or emergency, at a terrifying time in our lives and the lives of our families we have extraordinary people on whom we can rely.”

“No matter what the emergency, whether it’s fire, flood, vehicle collision or medical emergency, as soon as you call 911 our Calgary Firefighters will be there.”

Calgary’s firefighters, CFD personnel and family gathered Tuesday to commemorate those who have perished in the line of duty. HELEN PIKE/METRO

Judge approves Vader verdict broadcast

COURT

News camera permitted to show footage of decision

A judge will allow a news camera to broadcast his verdict Thursday in the murder trial of a man accused of killing two Alberta seniors.

Court of Queen's Bench Justice Denny Thomas said it will increase the public's confidence in the judicial system, but he added it's a one-time ruling.

"The making of this decision will provoke interest in the (verdict) decision on Thursday," Thomas said Tuesday.

The CBC, the Edmonton Journal, Global News, CTV and The Canadian Press had asked the judge to allow the camera in court. They argued there is public interest because of the cost of the extensive police investigation and trial.

Travis Vader has pleaded not guilty to two counts of first-degree murder in the 2010 deaths of Lyle and Marie McCann, who vanished on a camping trip.

The McCanns, in their late 70s, were last seen fuelling up their motorhome in their home town of St. Albert, just north of Edmonton, before heading to British Columbia. Their burning vehicle was found two days later in a remote area west of the city.

Matt Woodley, a lawyer for the firm that represented media outlets in the camera request, said the decision is an important first for the Alberta Court of Queen's Bench.

"It is a very important criminal case that deals with many, many important public interest issues," Woodley said outside court.

"I am hoping that this will show that these things can be done in a way that will increase public scrutiny, but will not have any detrimental effects to participants in the justice system."

The Crown has argued that Vader was a desperate drug user living in a makeshift camp when he came across the McCanns and killed them.

The defence contends that, without the bodies or a murder weapon, the Crown's case is based on sketchy circumstantial evidence that doesn't add up.

"Public access by live feed is particularly suitable in this case due to the significant public interest surrounding the investigation and trial of the accused," said the court application by the media outlets.

"The live video feed will promote the fairness of the administration of justice by ensuring the public receives an accurate account of the decision."

THE CANADIAN PRESS

Randy Kwong, son of former Alberta Lieutenant Governor and CFL great Norman Kwong, wipes away a tear at a memorial service for his father in Calgary on Tuesday. MIKE RIDEWOOD/THE CANADIAN PRESS

NORMAN KWONG

Public memorial honours CFL legend

Hundreds turned out to pay their respects to CFL legend and former Alberta lieutenant-governor Norman Kwong at a state memorial.

Kwong, who was 86, died in his sleep on Sept. 3.

Randy Kwong said his dad was unassuming and kind to everyone.

"My dad used to respond with the word "wonderful," Kwong told the crowd Tuesday.

"My wife would bring him a cup of tea and he would say "wonderful." My kids would bring over baking and he would say "wonderful." We'd say "Dad, we're bringing over dinner" and he'd say "wonderful.""

"Well Dad, you're wonderful."

> **Normie, God bless him, was always a good man.**
> Wally Buono

The native Calgarian was one of six children born to Chinese immigrants Charles and Lily Kwong. He attended Western Canada High School in Calgary where he discovered football.

He joined the Stampeders as a halfback when he was 18 and became the first Chinese Canadian to play in the CFL and the youngest to win a Grey Cup.

He went on to win three more cups with the Edmonton Eskimos and held more than 30 CFL records when he retired from the league in 1960.

Kwong went on to become president and general manager of the Stampeders from 1988 to 1991 and also co-owned the NHL Calgary Flames from 1980 to 1994.

"Normie, God bless him, was always a good man," Wally Buono, former Stampeders coach and GM, told the crowd.

"I can remember when he hired me how he made me feel so proud that he would have that confidence in me."

He received the Order of Canada in 1998 and was appointed Alberta's 16th lieutenant-governor at the age of 75, a position he held until 2012.

Alberta Premier Rachel Notley and former prime minister Stephen Harper also spoke at Tuesday's service.

THE CANADIAN PRESS

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Hip hop plays muse to busy poet

ARTS

Shane Book has big plans in new role as writer-in-residence

Aaron Chatha
Metro | Calgary

As the University of Calgary's new writer-in-residence, Shane Book is going to spend the next year of his life at his desk.

He won't be alone though — the poet's words provide dynamic company as he completes two poetry books and two screenplays (he's also a filmmaker).

Not much for coffee shops, Book's preferred method is to sit down with a pen, and throw on some music — jazz or something in another language, so the lyrics on the beat don't distract from the words on the page.

"Lately, my big love is hip hop — contemporary hip hop where everyone is slurring and drinking lean and auto-tuning their voice," he chuckled. "I'm thinking about Young Thug or even Future. I can tune out their voices, because they're not enunciating."

He tries not to have too many rituals to his writing though — partly because he doesn't want to come off as pretentious, but mostly because he loves the art form.

"Writers are kind of obsessive people, so it's not helpful to have too many obsessive rituals," he said, adding it can give writers an excuse not to work.

His methods have paid off so far.

He's a Griffin Poetry Prize nominee and his first short film, Dust, has screened at 23 film festivals around the world, winning a number of prizes. Dust was based off a long-form poem he wrote in his first book.

"When I wrote it, I thought, I want to make this into a film. I was thinking about it in shots as I wrote it," he recalled.

As part of his role, he'll be going over student projects — and he can't wait to give them the encouragement they need to become better writers.

Book joins a program that's been running at the University of Calgary since 1992, with a new writer each year.

The writers will be honoured at the Writers-in-Residence Reunion Festival at the university on Sept. 15 to 17, where they will be hosting workshops as well.

AARON CHATHA/METRO

"Writers are kind of obsessive people, so it's not helpful to have too many obsessive rituals.

Shane Book on writing rituals. Book has penned two books: Ceiling of Sticks and Congotronic.

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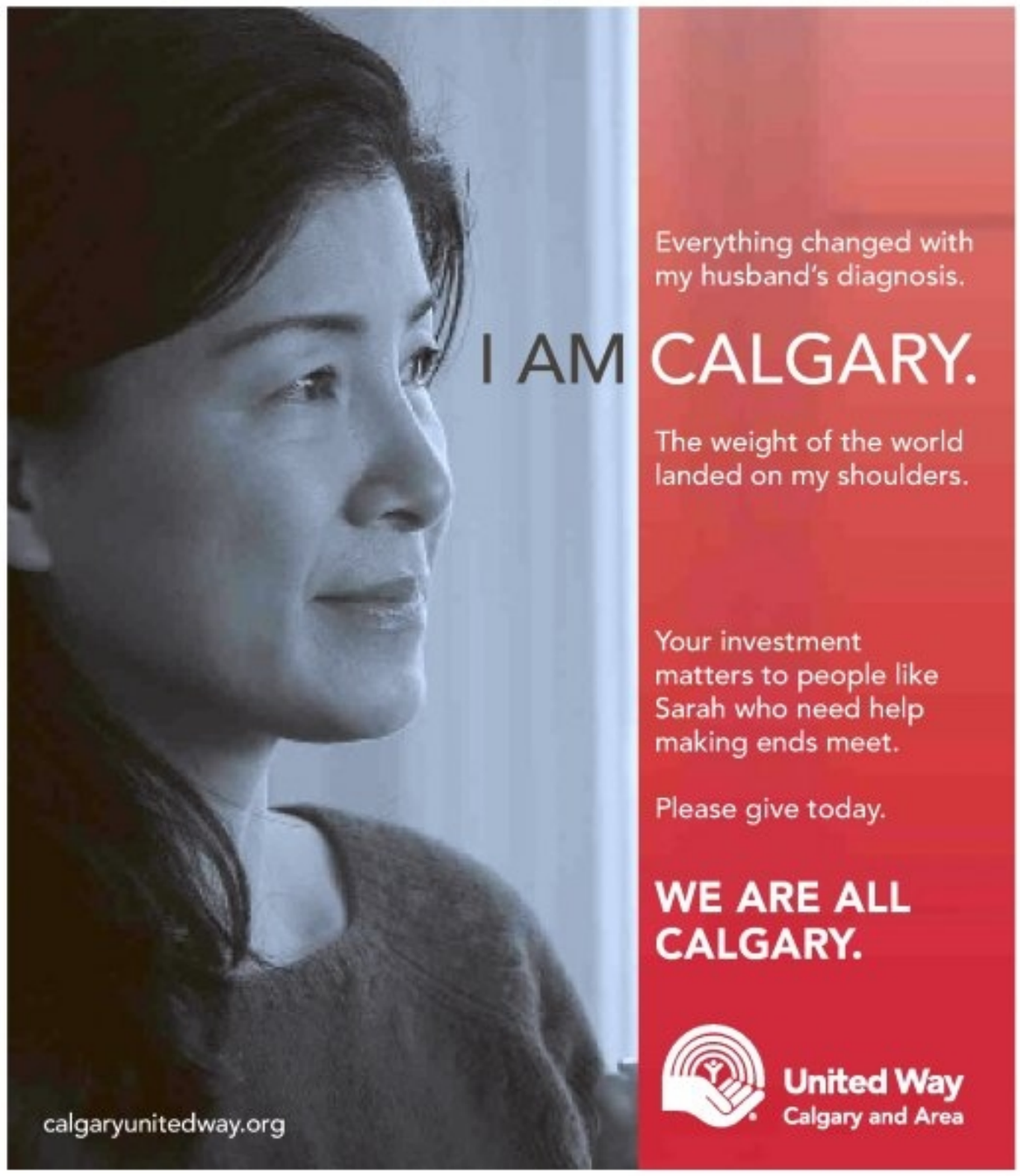

Loyce Maturu was in activist mode Tuesday, ahead of this weekend's international pledging conference in Montreal to replenish the Global Fund. ADRIAN WYLD/THE CANADIAN PRESS

Global Fund giving hope

MONTREAL

Zimbabwe activist leading the charge in fighting disease

Loyce Maturu sat in the darkened railway committee room of the Parliament Buildings on Tuesday watching a video of two fellow African activists — a Kenyan mother and daughter — playing for a reception of several dozen invited guests.

Maturu, of Zimbabwe, outlived her own mother, who succumbed to AIDS and tuberculosis along with Maturu's sole sibling, a brother who only made it to his sixth birthday.

"It really makes me feel that had the Global Fund been in Zimbabwe earlier, my mother and my younger brother would be alive today and I wouldn't have gone through many challenges," Maturu said.

The 24-year-old woman persevered and was in Ottawa in full activist mode Tuesday, ahead of this weekend's international pledging conference in Montreal to replenish the Global Fund to Fight AIDS, Tuberculosis and Malaria.

Prime Minister Justin Trudeau will lead an international cast of politicians, philanthropists and celebrities, including UN Secretary General Ban Ki-moon, Bill and Melinda Gates and the Irish rock star and activist Bono in an attempt to raise $13 billion to carry the fund through its next three years.

Canada already committed $785 million earlier this spring, when Trudeau announced he would host the conference.

The conference will come days before Trudeau travels to New York, to attend the annual UN General Assembly meeting. He is expected to give his maiden address to the world body.

Trudeau's office says he will be pushing an agenda of "diversity, human rights, the need for gender equality," aimed at furthering the, 2030 Sustainable Development Goals.

THE CANADIAN PRESS

GATINEAU

'Sexist' campus game investigated

Emma Jackson
Metro | Ottawa

The director of Gatineau's Université du Québec en Outaouais says he won't stand for sexual harassment on his campus after a highly sexual game sparked an angry backlash last week.

As part of Les Jeux de la Communication, an annual competition between francophone universities, the UQO's team leaders circulated a list of tasks — called the 12 Labours of Hercules — that awarded points for things like kissing a girl, snapping a photo of an exposed bra and taking part in a wet T-shirt contest.

The game was widely condemned on social media as perpetuating rape culture on campus. The event's three leaders have since stepped down.

University director Denis Harrisson has launched an investigation into the students' conduct, which could mean even heavier consequences for the game's creators. "Management at UQO does not tolerate sexist conduct, nor discrimination or sexual harassment," Harrisson said in a statement. "Sexual harassment in its various manifestations is unacceptable. This commitment on our part must be shared by teachers, students, staff of the university and by the associations and unions, because we are all concerned by this."

IN BRIEF

Ford to tour to tout Ford book

A new book about Rob Ford and his family will "rock" the political and media worlds, Doug Ford announced Tuesday, saying he would be touring the country to promote the book, titled Ford Nation: Two Brothers, One Vision-The True Story of the People's Mayor."

"It's going to rock the media world, it's going to rock the political world," Ford said. THE CANADIAN PRESS

Terror group denounces truce

SYRIA

Deal to divide insurgents, al-Qaida affiliate says

With much of Syria calm for the past 24 hours, a powerful al-Qaida-linked group sharply criticized the U.S.-Russian-brokered ceasefire, saying Tuesday its real aim was to keep President Bashar Assad in power.

The extremist group was in talks with other rebel factions for a possible merger, a move that could dash Washington and Moscow's hopes of distancing it from the wider insurgency and sabotage the truce.

The denunciation of the deal came as activists and state media said the truce, which took effect at sunset Monday, was holding despite some violations. The Syrian army said it would abide by the ceasefire until midnight Sunday, while maintaining its right to defend itself against any violations.

The truce excludes al-Qaida's affiliate, known as Jabhat Fatah al-Sham, and the more powerful Daesh, which are both designated terrorist organizations by the United Nations. The first week will be crucial: During that time, all fighting between Assad's forces and the rebels is to stop, although Assad's forces can continue airstrikes against Daesh and al-Qaida-linked militants.

If the calm holds for seven days, the U.S. and Russian militaries would then set up a new centre to co-ordinate strikes against Daesh and the al-Qaida affiliate, previously known as the Nusra Front.

The Jabhat Fatah al-Sham statement came a day after Syria's largest insurgent groups expressed misgivings over the deal for excluding the al-Qaida-linked militants, who have been fighting alongside the rebels against Assad's forces. A truce in February that lasted several weeks also excluded Daesh and al-Qaida-linked groups.

In its statement, the al-Qaida affiliate accused the U.S.-Russian-brokered deal of "conniving" to divide the insurgents and "target them one by one, while distancing Assad's regime from the battle and preserving" his hold on power.

THE ASSOCIATED PRESS

Activists in Syria's besieged Aleppo protest on Tuesday against the United Nations for what they say is its failure to lift the siege off their rebel-held area. THE ASSOCIATED PRESS

CASUALTIES

The Britain-based Observatory, which relies on a network of activists inside Syria, said no one has been killed or wounded since the truce went into effect.

- It said more than 300,000 people have been killed since Syria's 5 1/2-year conflict began.
- The UN stopped tracking deaths last year: Its last official count was 250,000 dead in a war it says has displaced half the country's population of 11 million.

SKEPTICISM

Pact rife with hurdles

The deal crafted by the U.S. and Russia to halt the Syrian civil war and focus efforts on rooting out extremists in the country is rife with legal and liability questions that are fueling Pentagon skepticism about military co-operation between the two powers, senior U.S. officials said.

The first hurdle is that Congress has enacted a law prohibiting any military co-operation with Moscow in the wake of Russia's annexation of the Crimea region of Ukraine. That means the deal that Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov agreed to last week in Geneva first needs a waiver from a skeptical Defence Secretary Ash Carter to be legal.

Another nagging question revolves around whether America could be held responsible if a Russian airstrike — approved by the U.S. as part of the military co-operation that is at the heart of the deal — kills civilians.

THE ASSOCIATED PRESS

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JOHN OSTROM

Trump is 'not fit in any way': Obama

U.S. ELECTION

President makes case for Clinton and his own track record

After a bruising weekend for Democrats, President Barack Obama on Tuesday mounted a vigorous defence of Hillary Clinton, her campaign's transparency and her fitness for the presidency, and blasted Republicans as fanning "anger and hate."

Obama painted a stark picture of the stakes in the face-off between Clinton and Republican rival Donald Trump and tried to persuade Democrats in make-or-break Pennsylvania he's all-in behind his former secretary of state and his onetime rival.

"Hillary Clinton is steady and she is true," Obama told a group of Democrats at an outdoor rally.

Obama aggressively stepped into a void left by Clinton, who is taking time off from campaigning after being diagnosed with pneumonia.

Without mentioning Clinton's health, Obama dove into the political fallout of Sunday's episode in New York. To an audience of roughly 6,000 supporters in downtown Philadelphia, Obama argued that Clinton has been more transparent in providing health and financial records than her rival, as well as releasing her past tax returns while Trump refuses to release his.

Even more, he described the former New York senator who ran against him for the Democratic nomination in 2008 as the most qualified presidential candidate, and Trump as "not fit in any way shape and form to represent this country and be its commander in chief."

Trump was scheduled to campaign later Tuesday in Pennsylvania.

At times during his 30-minute speech, the crowd broke into cheers of "Thank you! Thank you!"

Trump has fashioned himself as a working-class hero, Obama said, after "70 years on this earth showing no concern for working people." He accused Trump of being unprepared, unserious and "not a facts guy."

THE ASSOCIATED PRESS

COLLABORATION

U2 lead singer and activist Bono says working with a Trump administration to fight poverty would be his biggest challenge — "by far." He said he's still trying to figure out how he would deal with the party's current nominee, Donald Trump.

THE CANADIAN PRESS

Angelique Arsenault waited 11 years to marry her groom. So when her limo got a flat tire, she didn't let that stop her. CONTRIBUTED

NEW HAMPSHIRE

Hitchhiking to a happily ever after

After waiting 11 years to marry her groom, a flat tire wasn't going to stop a determined New Hampshire bride from walking down the aisle on her special day.

With her limo rendered inoperable along an infrequently travelled road in Brookline, Angelique Arsenault stuck out her thumb and hitchhiked to the wedding venue in nearby Milford on Saturday.

Arsenault says her bridal party just laughed after receiving word of the flat tire from their driver.

With confidence fuelled by champagne, Arsenault in her white dress was able to flag down a passing motorist who gladly helped get her to the altar — albeit 30 minutes late.

Despite the small hiccup, Arsenault says the rest of her wedding was "amazing" and she now has a story her family will remember forever.

THE ASSOCIATED PRESS

CARIBBEAN

3D PRINTING TAKES A DIVE UNDER THE SEA

Vast coral reefs surrounding the island of Bonaire are considered to be the healthiest and best-protected in the Caribbean, and a new project seeks to use 3D printing technology to design structures that are virtually identical to natural coral formations.

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KIA The Power to Surprise

Canada's exotic appetites growing

FOOD

Fine dining restaurants drive surge for unusual meat

Camel sausages, left, and Kangaroo meat, right. Some industry insiders and watchers say rising demand for exotic meats is likely to continue as foodie culture grows. ISTOCK

Once a week Peter Sanagan brings a whole wild boar carcass to his Toronto butcher shop. He divvies it up into chops and other cuts, selling it to adventurous eaters who wander into the Kensington Market store.

While more familiar meats like beef and pork account for up to 90 per cent of sales at Sanagan's Meat Locker, the remainder comes from people seeking so-called exotic meats like wild boar. Game birds are popular, too.

"When in season, we'll have things ... like pheasants and partridges and squabs, wild turkey," Sanagan says.

Though exotic meat consumption is not well tracked, demand for it appears to be rising and some industry insiders and watchers say that's likely to continue as foodie culture grows.

In Canada, consumption of less traditional meats like horse, venison, camel, rabbit and game grew an average of 10.6 per cent a year between 2010 and 2015, according to estimates from market research firm Euromonitor International.

Euromonitor's numbers exclude some meats many would consider exotic, like buffalo and guinea fowl, which fall under different categories it tracks. The firm doesn't have consumption estimates for meats like ostrich, zebra or bison.

Fine-dining restaurants are the main drivers of these types of meats' surge in popularity, according to Michael von Massow, an assistant professor at the University of Guelph's department of food, agricultural and resource economics.

Diners are seeking a culinary experience they can't get at home, he says. That means the nice pasta dishes that impressed a decade ago are out, thanks to the Food Network churning out home cooks.

"Restaurants are pushing the envelope to try and give us an experience," says von Massow.

Canadian chefs have been experimenting with horse, quail, kangaroo and other meats. Toronto restaurant The Beast, for example, allows customers to pick from a list of animals, like water buffalo or elk, and will create a six-course tasting menu using the whole animal.

But it's not just chefs wanting to experiment with different proteins.

Shai Bomze, director of sales for Toronto meat distributor La Ferme, says that while his company mainly supplies exotic meats to fine-dining restaurants, they do supply some of their product to high-end butcher shops and privately owned grocery stores.

These types of products come with premium price tags. At Sanagan's Meat Locker, its owner says wild boar costs between $12 and $22 a pound, venison and elk runs $18 to $30 a pound depending on the cut, and game birds range from $15 to $30 a piece based on size.

Bomze attributes some of the demand for exotic meats to Canada's multicultural population, saying some of these products are considered staples in various cultures present in the country. La Ferme's most popular exotic meats include duck, bison and venison, he says.

Mainstream grocery chains have also got into the exotic meats game.

Loblaw, for instance, sells elk, venison, bison and wild boar at some of its grocery stores — and the company has seen an increase in sales year-over-year for these products, a Loblaw spokesperson said in an email.

"Canadians are looking to mix it up in the kitchen," noted Sal Baio, senior vice-president of Market Fresh at Loblaw, in a statement. "More people are ... cooking for taste and entertainment, rather than just for fuel."

THE CANADIAN PRESS

CAFÉS

Starbucks ready to post calorie counts

Starbucks customers will soon have another consideration besides price when deciding between that grande and venti — calories. The coffee behemoth says it's going to start posting calorie counts on all its menu boards across Canada starting Sept. 29, with pastry-case labeling to follow on Nov. 2.

"We will be the largest national retailer to fully provide caloric information on menu boards in store," said Starbucks Canada president Rossann Williams, who will make the announcement Wednesday.

How many calories are in this chile mocha latte? Starbucks will soon reveal it on their menus. TORSTAR NEWS SERVICE

The java chain is getting the jump on a new Ontario menu law that takes effect in January. By 2017, all restaurants, fast-food locations, movie theatres, supermarkets and convenience stores that serve hot food with 20 or more locations in the province must post calorie counts for each item on their menus, menu boards, on tags in display cases and at drive-thrus.

Seattle-based Starbucks already made the move in 2013 in the U.S.

Another chain that started early in Ontario is the Firkin Group of Pubs, which released a new menu in May that includes calorie counts for each dish at its chain of 27 restaurants — though the lettering is rather tiny. The act says calorie counts must be displayed "in at least the same size, font, format and prominence as the name/price of the standard food item."

Major chains including McDonald's Canada, Cineplex and Cara Foods — which owns Swiss Chalet, Harvey's, Montana's, Milestones, Casey's, Biermarkt, Kelsey's, New York Fries, Prime Pubs and East Side Mario's — have confirmed that they are working on it and will be compliant by January.

TORSTAR NEWS SERVICE

IN BRIEF

Rise in rates trouble for some, TransUnion says

Up to a million Canadian borrowers could face problems paying their debts if interest rates rise by a full percentage point including some of the highest rated consumers, a report by TransUnion suggests. The agency said while most Canadians will not be impacted in the near term by an interest rate increase, there is a "material subset" that may be challenged.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Wednesday, September 14, 2016

EMMA TEITEL ON MILLENNIALS' JOB WOES

MP Niki Ashton is in the middle of a cross-country tour of sorts, hosting town halls on the subject of precarious employment, listening to the grievances of young people from coast to coast

Early last week, on a stormy evening in downtown Toronto, 34-year-old New Democrat MP Niki Ashton led a town hall discussion about "Precarious Work in the Millennial Generation."

Ashton, MP for the Manitoba riding of Churchill-Keewatinook Aski and is the NDP critic for jobs, employment, and workplace development, spoke to a group of about 40 people — most of them under 40 — in a drab room at the United Steelworkers Hall.

At the back of the room on a table near the door, there was complimentary coffee in self-serve, cardboard carriers from a nearby Krispy Kreme. And up front, there was a lot of anxiety.

A nearly broke 30-year-old sommelier and waiter lamented the lack of advanced scheduling and regulation in his industry; "my dream," he said, "is to be in the black."

A woman, who said she was there speaking on behalf of her 20-year-old niece, asked Ashton what could be done about employers who take advantage of their young charges.

And a young man who said he worked in the Trump hotel, of all places, told a story of bad bosses and worse luck.

Almost everyone sought lower tuition fees, a $15 or $20 minimum wage and an end to a culture of crappy contracts for young people that offer no security.

Some liked the idea of "floating benefits," a dental plan, for example, that follows a person from job to job. Others, in traditional NDP fashion, wanted everything and more: an overhaul of the system as we know it.

Ashton took notes and like a northern Obama, she thanked "folks" for sharing. But she couldn't and can't — at least not yet — offer anything in the way of a policy antidote to their woes.

Elected officials, like our crotchety uncle, love stories about that 'one guy' who confirms everything wrong with kids these days.

VOICE OF A GENERATION Niki Ashton is helping young people get jobs in a precarious labour market. She has been holding a series of meetings and interviews across the country to find out the depth of the problem. RICHARD LAUTENS/TORSTAR NEWS SERVICE

This is because the MP is in the middle of a cross-country tour of sorts, hosting town halls on the subject of precarious employment, listening to the grievances of young people from Halifax to the West Coast who feel they will never be able to settle down, have kids or (the biggest long shot, especially in Toronto and Vancouver) buy a house.

Ashton will present the findings of her tour — and, she hopes, some policy solutions to the problem of precarious employment — at a forum in Ottawa at the end of October.

The MP sat down with me the morning after she led the town hall in Toronto, and though she couldn't tell me in specific terms how she would make life better for the 18-34 demographic, she did tell me this: In order to achieve any meaningful change, we need to first dismantle the popular stereotypes that millennials are "lazy" and "disinterested."

"This requires a shift in mentality," Ashton said, highlighting the fact that after she writes about precarious labour on social media, "I still have to go on my own politician Facebook page and erase comments like, 'Oh get a job.'"

The narrative of the ingrate millennial is so entrenched in our culture, she said, it turns up in places where people should really know better.

For example, Ashton told me that in the spring, she was at a committee meeting on employment insurance when a witness "went on and on about how millennials just don't want to work."

"This person made reference to some guy bringing his mom to a job interview," Ashton said, "and even though the meeting was about EI and not this one guy, this is what my colleagues on both aisles chose to hook onto."

There was no evidence, she said, as to who "this guy" was or whether he was representative of a larger group of lazy people his age, and yet some of the older policy-makers in the room determined that "this was a real problem."

Yes, apparently, our elected officials, just like your crotchety uncle, enjoy sharing stories about that "one guy" who just so happens to confirm everything wrong with kids these days.

The funny thing, however, is that Ashton — a member of Gen Y, albeit an old one (her contemporaries include Nicki Minaj, 33, and Drake, 29) — has been characterized as a stereotypically flaky and hypersensitive millennial herself.

This was evident when she took a day trip to the campaign offices of Bernie Sanders earlier this year, and was more or less characterized in the press as a kid playing hooky to see a rock concert. "I guess I hit a slow news day," she recalled. "Because everybody and their dog was into it."

And who can forget Elbowgate in May, when Ashton made the ill-advised and, frankly, absurd suggestion that Trudeau's accidental elbowing of a fellow MP on the floor of the House of Commons contributed to an unsafe workplace for women.

In the end, then, Ashton isn't just battling negative perceptions about an entire generation, but negative perceptions about herself, too.

She hopes, however, that by making the issue of precarious millennial labour official, via "town halls" like the one she conducted last week, older leaders and perhaps the public at large will have a change of heart.

I hope so, too.

Emma Teitel is a national columnist for the Toronto Star.

You know what's really unlikable? A label that's unfairly applied to women

Vicky Mochama
For Metro

Hillary Clinton is the least likable Democratic presidential candidate in history.

So we've been continually told. (And unfortunately there are no metrics attesting to Polk's temperament in 1844.)

Likability is one of the many traps for women, alongside the gender pay gap. Others include lack of free birth control and 98 types of volumizing mascara. The reasons that Clinton scores low on likeability can seem important and serious, and yet those reasons are entirely gendered.

In a post for Humans of New York, she writes about learning to keep her feelings in check: "I had to learn as a young woman to control my emotions. And that's a hard path to walk. Because you need to protect yourself, you need to keep steady, but at the same time you don't want to seem 'walled off.'"

Ever since, Hillary, like many women, has been adding bricks to the wall around her emotions. It's a familiar trope. For women who work with men, protecting emotions are also about protecting yourself from the feelings — anger among them — of men. If Ginger Rogers did everything Fred Astaire did but backwards and in heels, then she probably never showed how much it hurt or told him when ideas were actually hers.

Likability is a lie wrapped in data that says very little about the kind of leader you might be getting. With enough media training and staged affability, even the Terminator could achieve a sort of Dennis the Menace-like charm.

When applied to female politicians, likability takes a dangerous turn. It takes so little for a woman to become a "bitch," but there's hardly an equivalent term for men. (Go on, think of a word, I'll wait.)

A woman has to take the right tone, wear the right clothes, laugh at the jokes of men who truly aren't funny and allow others to take her ideas. Countless advice books teach women how to make themselves smaller and more palatable. And most of those books are written by white women. What's one to do if one's hair is different or if it's covered? What about larger ladies or those who weren't born women?

Likability doesn't get things done. If it did, Tom Hanks would be president.

In over forty years of public life, Clinton has gotten things done. Saying Hillary is the least likable candidate sounds to me like saying, "She's the candidate most like a successful woman."

Vicky Mochama is a writer and host of Commons, a political podcast.

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Directors Guild of America finds women directed 17 per cent and minorities 19 per cent of the more than 4,000 TV episodes produced last season.

Hollywood guild report exposes a "lack of real progress" in production diversity

Neruda: A melodic game of cat and mouse

In Neruda, **Gael Garcia Bernal plays Óscar Peluchonneau**, a wiry moustachioed cop hunting down the Chilean poet. On Tuesday, it was revealed the film is Chile's Oscar submission for next year.
HANDOUT

INTERVIEW

Cast brings a little bit of Latin America to Canada

Eva Salinas
For Metro Canada

While sitting down for a taco lunch Tuesday at the Intercontinental Hotel in Toronto, actor Gael Garcia Bernal politely addresses a waiter: "Excuse me — I'm Mexican," he says.

"And I'm Chilean," adds director Pablo Larrain, next to him.

This is no personal introduction to the wait staff — it's a request for hot sauce.

A little more Latin America in Canada, please.

But spice aside, Garcia Bernal and Larrain had already boosted the Latin presence at the Toronto International Film Festival this week when they arrived to premiere Neruda, an alt-biopic of the renowned Chilean poet Pablo Neruda. They were also joined by cast member Luis Gnecco, who plays the title role, to discuss the film, poetry, art, and Latin American culture.

"What I'm impressed about and makes me feel like a spectator of the movie, in the best sense of the word, is how (Larrain and writer Guillermo Calderon) intertwined everything so that all of a sudden, without knowing, the audience is like 'S—, I'm inside a poem,'" Garcia Bernal says.

Garcia Bernal plays a wiry, mustachioed cop hunting down the communist poet — who at the time was wanted for arrest — all the while doing a bit of soul searching of his own. The result is a melodic game of cat and mouse, with beautiful Chile as the backdrop.

Larrain says the cop character wasn't included in the original treatment of the film when they set out to write it five years ago.

"I said to my brother (producer Juan de Dios Larrain) we can't make this movie, forget it. We can't make a docudrama or, like, a Sunday night show about Neruda, it would be impossible. So we brought in the cop and that's when the fun started: the friction between two characters."

It's a reunion for the three who worked together on Larrain's 2012 film, No, in which Garcia Bernal played an ad executive out to persuade Chileans to vote 'No' against dictator Augusto Pinochet in the 1988 plebiscite.

Both Garcia Bernal and Larrain have other films at TIFF this year — the former acting in Werner Herzog's Salt and Fire and Larrain with his buzzed-about Jackie, another alt-biopic about Jacqueline Kennedy, starring Natalie Portman.

But it is Neruda that tells the story of one of the most influential, complex and adored Latin American artists — a nod to the trio's love not only for film and art, but to telling stories from home.

"He was a communist; he was an expert on food; a collector; he was expert on crime novels; he loved women. And he was probably one of the most important writers of our language," Larrain says.

A little bit of Latin America, indeed.

"He was one probably one of the most important writers of our language

Director Pablo Larrain, on poet Pablo Neruda, portrayed in his film by Luis Gnecco, pictured left

LITERATURE

Two Canadian authors shortlisted for Man Booker Prize

Two Canadian authors have made the short list of six writers for the Man Booker Prize.

Vancouver-born Madeleine Thien and Montreal native David Szalay were nominated in London early Tuesday along with two American and two British authors also vying for the prestigious award.

Szalay, who is now based in Hungary, received the nomination for his book All That Man Is (McClelland & Stewart.)

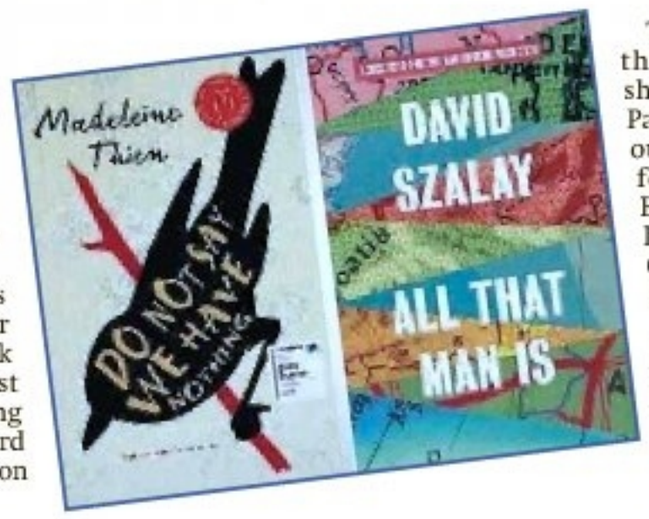
The story is set in various European cities and follows the lives of men at different stages in their lives, from their teens through old age.

Thien was recognized for Do Not Say We Have Nothing (Knopf Canada). The story is set in China before, during and after the 1989 Tiananmen Square protests.

Thien, now based in Montreal, told The Canadian Press last month when she made the Man Booker long list that the heart of her story involves three Chinese musicians who are studying Western classical music at the Shanghai Conservatory of Music in the 1960s.

The novel explores the revolution that occurred under Mao Zedong and the many political campaigns that pulled apart people's lives.

Thien's book was also longlisted for Canada's ScotiaBank Giller Prize just last week. The winning author of that award will be announced on Nov. 7.



The other authors on the Man Booker Prize short list are Americans Paul Beatty for The Sellout and Ottessa Moshfegh for Eileen plus British writers Deborah Levy for Hot Milk and Graeme Macrae Burnet for His Bloody Project.

Founded in 1969, the award had previously been open to writers from Britain, Ireland and the Commonwealth, but was expanded in 2014 to include all English-language authors.

The winner of the 50,000 pound (C$87,000) prize will be named on Oct. 25. Each of the six writers on the short list receive 2,500 pounds (C$4,300)

The British literary award, which usually brings the victor a huge sales boost, is named after its sponsor, financial services firm Man Group PLC.

Jamaican writer Marlon James won the 2015 Man Brooker Prize for his book A Brief History of Seven Killings.

THE CANADIAN PRESS

Tilapia can be tangy, tasty and timely

RECIPE

Fish is fast, but sometimes needs a flavour boost like this

Given how quickly it cooks, fish stands out as the perfect candidate for a weeknight meal.

The only problem? Fish can be bland, the light white variety in particular. Happily, white fish fillets are like chicken breasts, they play nicely with all sorts of ingredients.

If you marinate a fillet in lemon or lime juice before cooking it, it becomes much more flavourful without tasting acidic. And if you add a little salt to the marinade, the fish will be quickly and deeply seasoned, as well.

However, since acid also changes the texture of the protein in fish, essentially firming it up, you don't want to leave it in the acid for too long — 30 minutes is perfect.

Add crunch to this soft fish dish by topping it off with crushed tortilla chips flavoured with chili powder, then bake so the chips stay crispy.

The final crunch and acid kick come from pickled red onions.

Finally, as a way to temper the spicy heat provided by the pickled jalapenos in the onions, finish the dish with crema, a kind of thinned-down sour cream popular in Mexico and Central America. If you can't find crema, sour cream or creme fraiche diluted with milk, cream or water will do.

Tortilla-crusted Tilapia with Pickled Red Onions and Crema

Serves 4.

Ingredients:

For the fish:
- Two 1/2-pound tilapia fillets
- 1 tsp kosher salt
- 2 Tbsp lime or lemon juice
- 2 Tbsp vegetable oil, preferably grapeseed
- 2 cups tortilla chips
- 2 tsp chili powder

For the pickled onions:
- 1 medium red onion, sliced 1/4-inch-thick
- 3/4 cup distilled white vinegar
- 1/4 cup orange juice
- 1 1/2 Tbsp sugar
- 3/4 tsp kosher salt
- 1/2 tsp cumin seeds
- 1/2 tsp dried oregano
- 2 Tbsp chopped pickled jalapenos

To finish:
- 1 Tbsp unsalted butter, melted
- Crema or sour cream, to serve

Directions:

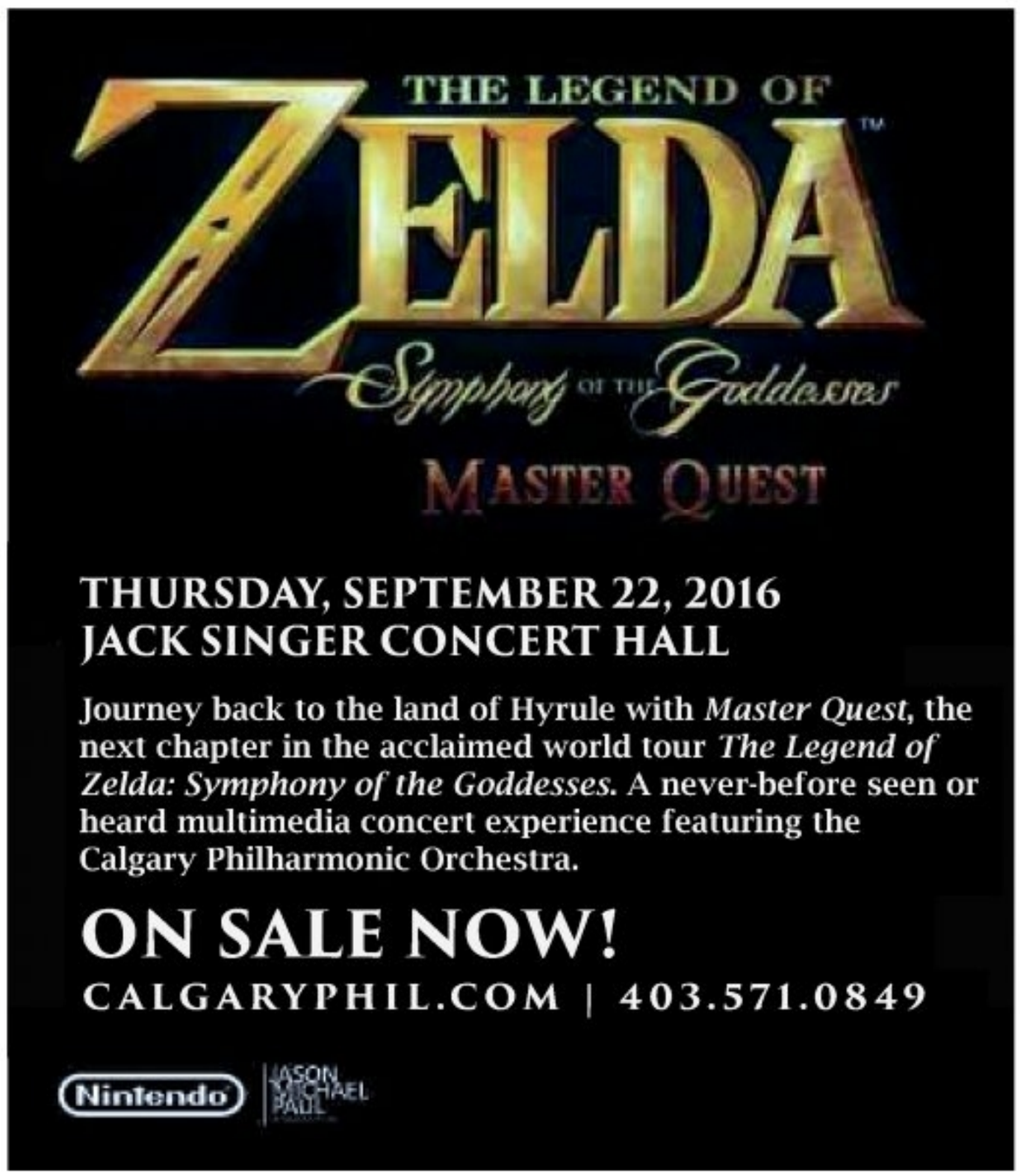
1. To prepare fish, cut each fillet down centre seam to separate thin half of the fillet from the thick half. Cut each of the pieces in half crosswise. Sprinkle with salt, then transfer to a zip-close plastic bag. Add lime or lemon juice and oil. Refrigerate 30 minutes, turning bag several times.

2. While fish is marinating, in a large bowl finely crush tortilla chips (with a few larger pieces, it should not be a powder) and toss with chili powder. Set aside. To make the pickled onions, in a small saucepan over medium-high, combine the red onion, vinegar, orange juice, sugar, salt, cumin and oregano. Bring to a boil and simmer for 5 minutes. Set aside and let cool. Drain the mixture and chop the onions. In a small bowl, combine the onions with the jalapenos.

3. Heat oven to 375 F. Line a rimmed baking sheet with kitchen parchment. Remove fish pieces from marinade and arrange in a single layer on prepared baking sheet. Keep thin pieces on one side and thick pieces on the other. Pack tortilla crumbs on top of fillets, then drizzle with melted butter. Bake fish on the oven's middle rack until it is just cooked through, about 5 minutes for the thinner pieces and 8 minutes for the thicker pieces.

4. Transfer a thick and a thin fillet piece to each of 4 serving plates. Serve each portion topped with some of the pickled onions and the crema. SARA MOULTON/THE ASSOCIATED PRESS

Tortilla crusted tilapia with pickled red onions and crema. AP PHOTO/MATTHEW MEAD



Angela Liddon just keeps on glowing

INTERVIEW

Vegan blogger continues to build her healthy empire

It's a sweltering day in a record hot summer and Angela Liddon, nearly eight months pregnant, is on her feet in — where else? — the kitchen of her Oakville, Ont. home. Yet she couldn't look more cool and content.

The author, photographer and vegan blogging sensation behind ohsheglows.com answers questions about her rise to foodie fame while she measures tablespoons of freshly squeezed lemon juice and maple syrup for marinade.

This Oakville kitchen is the epicentre of the Oh She Glows enterprise, which includes her website, The Oh She Glows Cookbook, which has sold 300,000 copies and is available in multiple languages, and a recipe app. Her second book, Oh She Glows Every Day, hits shelves this weekend while her first is still a fixture on bestseller lists.

Liddon burst onto the scene just as the food-as-lifestyle movement was taking off. She launched her blog in 2008, the same year she and Eric married and celebrity Gwyneth Paltrow launched Goop.

She started with a two-paragraph blog post on Halloween. Her second was titled Is Anyone Out There? Turns out there was — more than 1.2 million unique visitors a month, according to Eric, who handles technical and business operations.

Magazines have called Liddon a "trendsetter" and "healthy living guru." But that was never her career plan. She didn't grow up cooking, and didn't bake her first pie until age 25. Meals in her household were a matter of getting food on the table.

After earning her Masters in social psychology, she worked as a researcher before walking away to pursue a new dream.

The decision came at a tumultuous time in her life. Her long-time love-hate relationship with food had turned into an eating disorder, which she describes as a 10-year "vicious cycle of basically starving myself for a few days and then binge eating and feeling guilty and sick."

> **I try not to preach. It's all about people enjoying the food**
> Angela Liddon

Therapists helped her realize something had to change. Eating disorders aren't about food, she says, but gradually shifting what she ate changed her attitude while recovering.

"It helped me realize food is not the enemy, that it can make you feel energized and good."

Her first year posts ranged from giddy to confessional. To this day she still uses a lot of exclamation marks and opts for earnest over edgy.

Readers quickly responded to the passages that dug deeper.

"What the pictures don't show are the tough times," she began one of her early posts.

They were hooked. So was she.

She launched a home business making and selling her Glo Bar granola bars for two years before signing a book deal to assemble her most popular blog recipes, from Green Monster smoothies to 15-minute Creamy Avocado Pasta.

Her books don't include nutritional information, something she says she struggles with because she doesn't want the recipes to be about counting calories or carbs. But those details can be found for Oh She Glows Every Day recipes on her website.

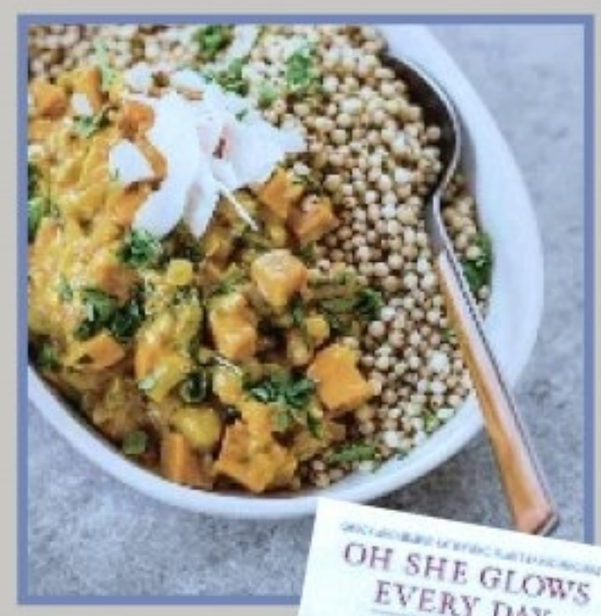
The new book, which she describes as family-friendly, relies less on nuts, which some readers complained were too expensive. There are more seed-based dishes and many recipes include nut-free, gluten-free and soy-free options.

She acknowledges that the glossy images and tips for making homemade almond milk and coconut butter may not capture the daily reality for frazzled parents. "I think you can look at a book like this and think 'oh gosh, I'll never be able to do this,'" she says. But, "I feel like my approach is very encouraging and very positive, and I try not to preach. It's all about people enjoying the food and hoping it makes them happy and feel good."

TORSTAR NEWS SERVICE

RECIPE OH SHE GLOWS EVERYDAY

This mild, savoury dish was popular among family members who aren't curry fans and those who claim they only like it hot. There's something about the mellow flavour and slight sweetness of the coconut milk that pleases both palates and also makes it kid-friendly. Serve on a bed of rice or other grains. Liddon notes that after the sweet potatoes are cooked, you can mash about a third of the mixture for thicker sauce.



Sweet potato, chickpea and spinach coconut curry

Ingredients:
- 4 tsp (20 mL) virgin coconut oil
- 1 tbsp (15 mL) cumin seeds
- 1 medium onion, finely chopped
- Pinch of salt
- 3 large gloves garlic, minced
- 4 tsp (20 mL) grated fresh ginger
- 1 tsp (5 mL) each: ground turmeric, ground coriander
- 1/4 tsp (1 mL) red pepper flakes
- 3 cups (750 mL) sweet potato, about 2 medium, peeled and cut into half-inch (1 cm) dice
- 1 1/2 cups (375 mL) cooked or canned chickpeas, drained and rinsed
- 1 1/2 cups (375 mL) diced tomatoes, with juices
- 1 14-oz (398 mL) can light coconut milk
- 4 cups (1 L) lightly packed baby spinach
- 3/4 tsp (4 mL) fine sea salt
- Freshly ground black pepper, to taste
- Optional garnishes: chopped cilantro, unsweetened large-flake coconut, lime wedges

Directions:

1. In a large saucepan, heat oil over medium heat until a cumin seed tossed into it sizzles. Add cumin seeds and toast about one minute, until fragrant and slightly darkened. Stir in onion and salt and cook 3 to 5 minutes, until onion is soft and translucent.

2. Add garlic, ginger, turmeric, coriander and red pepper flakes. Stir and sauté a couple of minutes until garlic softens.

3. Add sweet potato, chickpeas, tomatoes and coconut milk. Stir to combine, cover and simmer over medium-low heat for 20 to 30 minutes, until potatoes are fork tender.

4. Stir in spinach and cook until wilted. Add the salt and pepper.

5. Garnish with cilantro, coconut and, if desired, lime wedges to squeeze over top. Store in airtight container in fridge up to 5 days or freeze up to one month.

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A squash that doesn't require a machete to cut

RECIPE

Delicata squash is easy to eat and prepare

Turns out there's no need to buy a monster squash that requires a machete to open and a week to eat.

Instead, sort through the bins of local butternut and buttercup, ridged acorns and bulbous hubbards to find the long, narrow delicata with its pale yellow skin and distinctive green stripes.

Easy to clean, cut and cook, this single-serving Cucurbita pepo is a squash lover's dream!

Quinoa-stuffed delicata

Quinoa and ground pork make a tasty stuffing for small, long easy-to-prepare delicata squash. You can even eat the skin! Make the stuffing a day or two in advance or prepare the entire recipe a day ahead and reheat at 350°F (180°C).

This recipe makes four main-course servings. TORSTAR NEWS SERVICE

Ingredients:

- 4 delicata (peanut) squash (1.5 kg)
- 1/4 cup (185 mL) raw quinoa
- 1 1/2 cups (375 mL) chicken or vegetable stock
- 1 lb (450 g) lean ground pork
- 1 tbsp (15 mL) each fresh oregano, parsley and basil, or 1/2 tsp (2 mL) dried
- 1 tbsp (15 mL) vegetable oil
- 1 medium yellow onion, halved, thinly sliced
- 1/2 cup (125 mL) thickly sliced cremini mushrooms
- 2 cloves garlic, minced
- 2 tbsp (30 mL) balsamic vinegar
- 1 cup (250 mL) cherry tomatoes, halved
- Salt and freshly ground black pepper to taste

Directions:

1. Preheat oven to 400F (200C).

2. To prepare squash, cut in half lengthwise and scoop out seeds with a spoon. Season cavity with 1/4 teaspoon each salt and pepper and arrange cut-side down on baking sheet lined with parchment paper.

3. Bake until flesh is tender but sides are not collapsing, about 20 minutes. Remove from oven and reduce temperature to 350F (180C).

4. Meanwhile, bring stock to a boil in a medium pot. Add quinoa and return to a boil. Cover, reduce heat to medium and simmer until liquid is absorbed, about 12 minutes. Remove from heat, fluff quinoa with a fork, cover and let stand 15 minutes. Transfer to a large bowl.

5. Heat a non-stick skillet over medium-high heat and cook pork until no pink remains. Season lightly with salt and pepper. Stir in oregano, parsley and basil. Transfer to bowl with quinoa.

6. Add oil to same skillet and sauté onions for 2 minutes. Add mushrooms, garlic and balsamic vinegar, and continue to sauté for 1 minute. Add tomatoes, quinoa and pork. check salt and pepper. Mix well, stirring until heated.

7. Spoon quinoa mixture into cooked squash halves, pressing down gently. Bake squash on same parchment-lined sheet about 15 minutes, until stuffing is heated through. Serve hot. TORSTAR NEWS SERVICE

LIQUID ASSETS

Chile's mistake is to our sipping benefit

Sometimes a big mistake can be a good thing. Case in point is Carménère, a grape that was once a staple of the Médoc vineyards of France's Bordeaux region but, thanks to the popularity of Cabernet Sauvignon and Merlot, is now virtually non-existent there.

While Merlot was usurping Carménère's cachet in France, it was actually helping keep the grape alive in Chile. On arrival in South America Chilean winemakers mistook their French cuttings of Carménère for the more popular grape; growing them side-by-side, blending them together and labelled the juice Merlot. In 1994 researchers figured out the error and Chile gained a signature grape. It makes for a great all-purpose red, with Concha y Toro's 2014 Casillero del Diablo Carménère Reserva ($13.49-$13.95) a quintessential, easy-drinking version. PETER ROCKWELL/METRO

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Lunch on the go

If occasionally you've got to grab lunch for the kids on the go, choose wisely.

PICK THIS

Subway Kid's Pak: Turkey Mini Sub and Apple Slices

Calories 230
Fat 2.5g
Sodium 465mg

SKIP THIS

Schneiders Lunchmate Turkey Stackers

Calories 300
Fat 14g
Sodium 880mg

HERE'S WHY

Equivalent to 10 McDonald Mini Fries in sodium

A homemade lunch is always best, but sometimes we give in to a fast food treat, especially if we're short on time. While your kids may love building their own lunch, as with Lunchmate Turkey Stackers, keep in mind that the turkey is smoked and contains sodium nitrites, the cheese is processed — and to boot, a chocolate bar for dessert! This packaged lunch offers up little nutritional value, excess fat and an abundance of sodium. A Subway mini turkey sub on a 9-grain bread with apple slices is a better pick, with less calories, half the sodium and a fraction of the fat.

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Smaller SUV more suited to the city

HANDOUT

REVIEW

New Acadia offers better efficiency, handling

Jonathan Yarkony
AutoGuide.com

In any segment, there are always outliers at the extremes of the spectrum, while the majority sit somewhere in the middle.

The GMC Acadia and its platform twins were at the larger end of the spectrum, with one of the bigger footprints and interiors in the "midsize" crossover segment.

That is all about to change.

GM is spreading out its range, with GMC inheriting this smaller midsize platform from the Cadillac XT5 and delivering proper five-seat compacts like the Envision, while Chevrolet and Buick are sticking with larger midsizers like the current Traverse and Enclave.

With the Acadia shrinking, logic dictates that the Terrain will similarly shrink to retain the same spacing between models in the GMC lineup.

With the 2017 GMC Acadia, GM is targeting the middle, and perhaps even going to the opposite extreme, chopping about 18 centimetres from its length and wheelbase. It's now shorter than anything in the segment except the Kia Sorento, and one of the narrowest) as well.

The size reduction has resulted in huge weight savings and added maneuverability, which offers huge benefits in the fuel efficiency and handling departments, and with a smaller turning radius, it is now far better suited for city life.

While it's no MINI, the far more compact footprint was a relief when driving through Vancouver, B.C., a city with notoriously narrow lanes and tight roads.

GMC is able to offer a more modest powertrain option in addition to a V6, which was the only way to get the previous generation. This engine is new to GMC, but previous experience in other GM models equipped with the same powertrain showed its smoothness and power should be good for the Acadia's much more modest weight.

The drive from Whistler to Vancouver was a perfect route to see the cylinder deactivation in action, as the descents allowed the engine to take it easy and only run on four pots.

Of course, it was the ascent that proved the real value of the V6, making easy work of any steep climbs, and living up to GM's refinement claims as it quietly went about its business even when accelerating hard up an incline.

THE CHECKLIST | 2017 GMC ACADIA

THE BASICS

Engine: 2.5L 4-cyl; 3.6L V6
Power: 193 hp/255 lb-ft; 310 hp/271 lb-ft
Transmission: Six-speed automatic
Fuel Economy (L/100 km): 11.0/9.2 (2.5 FWD); 11.2/9.4 (2.5 AWD); 13.0/9.3 (3.6 FWD); 13.3/9.5 (3.6 AWD)
Price: Starts at $34,995

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- Smooth powertrain

LEAVE IT

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- Generic styling

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Powering up the next-generation

TECHNOLOGY

Meet the batteries that future cars may use

Sami Haj-Assaad
AutoGuide.com

Old-school car batteries may one day be replaced with ones like nanotube lithium-ion and solid state batteries. ISTOCK

Although gasoline vehicles are getting more efficient, there's no denying that they still pose some harm to the environment. The future of motoring is electric vehicles.

Electric vehicles are seen as a global saviour, something that can help fix the damage internal combustion has wreaked on the environment. More research and testing is going into developing and improving the components in EVs, but nothing is more important than the car's battery.

Most EVs currently use a lithium-ion batteries, but they have a low energy density. That means that for their size, they don't pack much power.

Incremental advancements that will bring down the size and cost of lithium-ion batteries are happening, but they won't help to significantly improve the range of EVs.

On the other hand, lithium-ion batteries have one significant advantage and that's in regards to recharging — they can be recharged hundreds of times without losing their capacity.

But there are alternatives that could change the way electric cars work in the future.

Nanotube Lithium-Ion

Nanotubes are long microscopic threads that can store and release more ions than a traditional lithium-ion battery. They can discharge and charge faster than most batteries, because, well, they're not real batteries — they're more of a supercapacitor. These nanotubes can be layered like sheets and are combined with Graphene (an extremely thin, strong layer of pure carbon) to make a storage system.

Researchers from the Nanyang Technology University (NTU) in Singapore have developed a kind of nanotube-based battery that can reach 70 per cent of its charge in two minutes, while being able to last 20 years before deteriorating.

Lithium Air

One solution to make lithium batteries more energy dense is to use carbon instead of heavier metals. The carbon would react with oxygen to make electricity, but although it's called lithium air, it's still a type of battery. IBM has been researching and developing these batteries in order to provide a new type of energy storage for electric vehicles.

In theory, this could help improve the range of EVs, although there are still some kinks to be worked out, including how stable the technology is. Expect it to hit cars as soon as 2020.

Solid State Batteries

Solid state batteries shun the liquid materials used in current lithium-ion batteries and do away with that lithium air idea. Instead, it uses non-volatile materials that are stable at high temperatures. That's a big deal because extreme temperatures wear out current batteries, which reduces their effectiveness. Solid state batteries, in comparison, would be safer and longer lasting.

Several companies are investing a lot of money into this technology, including Dyson.

Semi-Solid Flow Battery

There are many unique ideas out there trying to make EVs better. By taking the normal lithium-ionbattery and combining it with the theory behind a fuel-cell vehicle, you get a semi-solid flow battery. These work by putting the energy storage material in external tanks, which would mean that storage capacity isn't limited by the size of the battery itself. This would help improve the costs associated with batteries.

WHEELS NEWS IN BRIEF

Water Injection System from the BMW M4 GTS will Spread to other cars

BMW's new water injection system that debuted under the hood of the M4 GTS is set to spread throughout the industry. The system was designed through a collaboration between BMW and Bosch, which expects to put water injection into mainstream production by 2019. Water injection brings numerous benefits, the most important being increased efficiency and emissions reduction. STEPHEN ELMER/AUTOGUIDE.COM

Audi all-electric flagship to arrive by 2020

Audi has a new range-topping all-electric luxury car in the works that will likely be called the A9 e-tron. This car will serve as the pinnacle of the German automaker's all-electric car lineup, sitting above a new A3 e-tron and the upcoming Q6 e-tron SUV. Range on a single charge is expected to be 500 kilometers for the A9 e-tron and performance is said to match the Tesla Model S — a sprint to 97 km/h in 2.5 seconds. STEPHEN ELMER/AUTOGUIDE.COM

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Ultra-modern concept to be a reality

7 SERIES

BMW planning a new coupe

BMW is planning to release a 7 Series Coupe, a move it hopes will help bring some excitement to its range-topping luxury car. According to a report from Bloomberg, the new coupe will arrive as soon as 2019 and it is only the first of several new variants coming to help boost the lineup. BMW is mimicking Mercedes' strategy with the S-Class, which is sold as a coupe, convertible and in the ultra-luxury Maybach version.

STEPHEN ELMER/AUTOGUIDE.COM

WHEELS ROUNDUP
News driving the auto industry brought to you by AutoGuide.com

2017 MODELS

GMC Canyon adds eight-speed auto

GMC has announced details on its 2017 Canyon, which will use a revamped 3.6-litre V6 hooked to an eight-speed automatic transmission. Along with the powertrain changes, a new All Terrain X model will be available for off road, bringing along Goodyear Wrangler DuraTrac all-terrain tires, all-weather floor mats, off-road suspension upgrades and a transfer case shield.

STEPHEN ELMER/AUTOGUIDE.COM

VARSOVA

Futuristic Polish car concept will be produced

Seemingly coming out of nowhere, a Polish company has unveiled a futuristic concept for an electric luxury sedan. The Varsovia Motor Company, which is based in Warsaw, Poland, said this concept will actually be produced, although in limited numbers. The sedan, which does away with a grille and has a unique diamond pattern in its body panels, seems to be an electric car with a range extender, kind of like the Chevrolet Volt. The drive is powered by electrical engines, but a small internal combustion engine can be used as a generator to power those engines if the battery is depleted. Range on a full charge is 350 kilometres and with the range extender, range is increased by an additional 500 kilometres. Varsovia claims a zero-to-100 km/h time of under five seconds and a maximum speed of more than 200 km/h. JODI LAI/AUTOGUIDE.COM

STUDY

Mercedes owners ready for self-driving

Luxury car owners are most likely to adopt the self-driving future, but most consumers still aren't ready to buy a self-driving car. According to a new survey from MaritzCX that polled 12,353 vehicle owners, about 27 per cent of Mercedes-Benz and Infiniti drivers say they are "very interested" in buying a fully self-driving car, the most from any brand. On the other end of the spectrum, owners of Jeeps and Dodges were the least interested in giving up control over their vehicle. In total, 48 per cent of those polled aren't interested in buying a self-driving car.

STEPHEN ELMER/AUTOGUIDE.COM

IN BRIEF

GM getting set to reveal Chevy Colorado-based electric military vehicle

GM is getting prepared to debut a crazy-looking fuel cell-powered military vehicle. Developed in conjunction with the U.S. Army Tank Automotive Research, Development and Engineering Center (TARDEC), the vehicle, which isn't being called a concept, will be based on the Chevrolet Colorado and will be powered by hydrogen fuel cells. The SUV will be used to test how the military can use alternative energy sources to power vehicles that are quieter, more fuel efficient, can generate power and water, and provide plenty of low-end torque for off-roading.

JODI LAI/AUTOGUIDE.COM

metro SPORTS

The Red Hot Chili Peppers are set to perform at the L.A. Rams' home-opening return to the City of Angels this Sunday

Jays fall flat against Rays

MLB

Tampa Bay rides early 3-run homer to victory

Alexei Ramirez hit a three-run homer to help lift the Tampa Bay Rays to a 6-2 victory over the Toronto Blue Jays on Tuesday.

Steven Souza Jr. also homered for the Rays (61-83), and Logan Forsythe had an RBI.

Drew Smyly (7-11) went 5-2/3 innings, allowing two runs on five hits with one walk and four strikeouts. The Tampa left-hander hasn't lost a game since July 18 at Colorado, his first start after the all-star break.

Russell Martin drove in two with a home run for the Blue Jays (79-65) and Devon Travis had a single in the seventh inning to extend his hit streak to a season-high 10 games.

Marcus Stroman (9-8) shouldered the loss after a six-inning outing. The young right-hander allowed three runs on four hits with four strikeouts and four walks.

The Blue Jays opened their September schedule by losing three consecutive series for the first time this season, slipping down the AL East standings from first to second in the process. They could lose a fourth straight series with a defeat in Wednesday afternoon's finale.

Toronto and Baltimore are tied for the first AL wild card after the Orioles beat Boston 6-3 on Tuesday. Both clubs are two games back of the Red Sox for top spot in the AL East division.

Tampa got on the board in the fifth with Ramirez's three-run shot off Stroman. Corey Dickerson, who hit a one-out double, and Souza Jr., who reached on his second walk of the game, also scored.

Martin cut the deficit to 3-2 with his two-out, two-run homer off Smyly in the sixth. The Canadian catcher followed a Jose Bautista walk by sending a 75 m.p.h. slider into the second deck in left for his 18th home run of the season.

Tampa got a run back in the seventh with Souza Jr.'s 17th homer of the season — a solo shot to left-centre field off reliever Joe Biagini. Biagini, who hadn't allowed a home run in his first 49 appearances, has given up three in his last four.

The Rays added two more runs in the ninth. Forsythe scored Dickerson from third with a force out off Scott Feldman and Souza Jr. scored on a wild pitch from Aaron Loup.

The Rogers Centre surpassed three million fans on the season for the first time since 1993. THE CANADIAN PRESS

Logan Forsythe of the Rays turns a double play against the Blue Jays' Darwin Barney on Tuesday. RICHARD LAUTENS/TORSTAR NEWS SERVICE

TUESDAY In Toronto

6	2
RAYS	BLUE JAYS

RIO2016

Rivard ruling the pool

Canadian swimmer Aurelie Rivard added another gold to the collection of Paralympic medals she's carefully stashing out of sight in her suitcase.

The 20-year-old from Saint-Jean-sur-Richelieu, Que., won the 100-metre freestyle on Tuesday, her third medal of the Rio Paralympics, and second gold. Then she planned to tuck it away to savour later.

"Because even if I win, my meet is not done, I still have three races to go," Rivard said. "So I really just want to focus as much as I can on my races and after that, I'm going to think about the medals and what I accomplished.

14

Canada has 14 medals, including four gold and eight silver.

"Once my meet is over, this is when I'm going to start to realize this happened. I wanted the gold and I got it."

Rivard's was one of two medals on the night for the swim team. Tess Routliffe of Caledon, Ont., captured a silver in the women's 200 individual medley.

Elsewhere, both Canadian goalball teams advanced to quarter-finals after completing round-robin play.

Canada's women's wheelchair basketball team was left fighting back tears after a 78-60 quarter-final loss to the Netherlands.

In track and field, blind runner Jason Dunkerley and his guide Josh Karanja, both of Ottawa, ran to fifth in the men's 1,500. And wheelchair racer Diane Roy of Sherbrooke, Que., was sixth in the women's 1,500 final. THE CANADIAN PRESS

Aurelie Rivard. GETTY IMAGES

WADA ATTACK

Doping hack leaks Olympians' data

Russian hackers have been blamed for breaking into a World Anti-Doping Agency database and posting confidential medical data of some American athletes online.

WADA said Tuesday the attack — which targeted Serena and Venus Williams, Simone Biles and other female members of the U.S. team which competed in Rio — was carried out by a "Russian cyber espionage group" called Fancy Bears.

The hackers revealed records of "Therapeutic Use Exemptions" (TUEs) which allow athletes to use substances that are banned unless there is a verified medical need.

WADA previously warned of cyberattacks after investigators published reports into Russian state-sponsored doping.

"These criminal acts are greatly compromising the effort by the global anti-doping community to re-establish trust in Russia," WADA's Olivier Niggli said. THE ASSOCIATED PRESS

IN BRIEF

Chief meets Marshall

Denver's police chief has talked to Broncos linebacker Brandon Marshall about his decision to kneel during the national anthem to protest racial oppression and police brutality.

Chief Robert White says he met with Marshall on Tuesday after being approached by Broncos management. He will offer Marshall the chance to ride along with police and watch "shoot, don't shoot" training. THE ASSOCIATED PRESS

NCAA

North Carolina hit hard by withdrawal

The NCAA's decision to pull seven championships out of North Carolina ratchets up the pressure on the college sports-crazy state to repeal its law on transgender bathroom use

Unlike the recent one-time cancellations by the NBA, the move by college sports chiefs could make moderate and conservative voters question whether the price tag for the law has become too high.

Economic development officials said the effect of the NCAA's action goes well beyond the projected $20 million in lost revenue from the cancellation of the 2016-17 basketball, baseball, soccer, tennis, lacrosse and golf events.

"College sports is part of the fabric of North Carolina. It's part of the culture," said Scott Dupree, of the Greater Raleigh Sports Alliance, which was co-ordinating four of the events. "That's why it hits so hard and feels so personal." THE ASSOCIATED PRESS

‘Terry was running in the greatest race of all’

TERRY FOX RUN

Canada Sports Hall of Fame opens exhibit in legend’s honour

Terry Fox won no races nor set any Canadian running records. There wasn’t a frame of reference in 1980 for an above-the-knee amputee running almost a marathon daily on an artificial leg for 143 consecutive days.

An exhibit unveiled Tuesday at Canada’s Sports Hall of Fame in Calgary just days away from his namesake run would have meant a lot to Terry Fox, says younger brother Darrell.

Terry Fox saw his Marathon of Hope as much of an athletic endeavour as it was a campaign to raise money and awareness about cancer.

“Terry did not crave recognition for himself. In fact he ran away from it,” Darrell said. “He did appreciate being recognized as an athlete.

Darrell Fox looks at a bust of his brother Terry in Calgary on Tuesday. LARRY MACDOUGAL/THE CANADIAN PRESS

“He thought what he did, what he accomplished was an athletic feat, but there were no benchmarks, no standards. He wasn’t running against anyone. He was running in the greatest race of all.”

Fox lost his right leg to bone cancer at the age of 18 in 1977.

On April 12, 1980, he dipped his prosthetic leg into ocean waters off of St. John’s, N.L., to begin his cross-Canada run home to Vancouver. He was accompanied by 17-year-old Darrell and high-school buddy Doug Alward.

“We were three young guys in a stinky Ford van traversing the country one mile at a time,” Darrell recalled.

“I was a sponge to what Terry was accomplishing. I was witnessing it, I was seeing the reaction of every day Canadians on the side of the road. That’s what I experience every day now from that next generation who are learning the story. They’re not only learning the story of Terry Fox. They’re embracing it.”

The return of cancer to his lungs halted Fox in Thunder Bay, Ont., after 5,342 kilometres. Fox died June 28, 1981 at age 22.

The exhibit entitled Terry Fox: Running to the Heart of Canada and organized by the Canadian Museum of History. will remain in Calgary until Dec. 31.

THE CANADIAN PRESS

$700M

About $700 million has been raised in Terry Fox’s name for cancer treatment and research.

CHAMPIONS LEAGUE

Celtic gets rude welcome at Barça

Lionel Messi’s first goal of the Champions League season took three minutes. Edinson Cavani needed just 44 seconds for Paris Saint-Germain. Manchester City never got the chance to start.

Messi’s fast start was the first of a hat trick in Barcelona’s 7-0 rout of Celtic, and fellow superstar forwards Neymar and Luis Suarez also scored. Celtic had a penalty saved when trailing 1-0 midway through the first half.

“It didn’t matter who we had in front us, I remember a beauty and precision that was of another class. Against that, rivals can do very little,” Barcelona coach Luis Enrique said. “It was a great way to make our entrance to the competition.”

Cavani’s even faster strike was the end of PSG’s scoring in Paris against Arsenal, and Alexis Sanchez’s late equalizer earned a 1-1 draw.

Barcelona goal-scorers Lionel Messi and Neymar. GETTY IMAGES

RESULTS

- **Bayern 5,** FC Rostov 0
- **Barcelona 7,** Celtic 0
- Benfica 1, Besiktas 1
- Dynamo Kyiv 1, **Napoli 2**
- FC Basel 1, Ludogorets 1
- PSV 0, **Atletico Madrid 1**
- Paris SG 1, Arsenal 1
- Man City-Monchengladbach*

*Postponed

Heavy rain in Manchester forced City’s game against Borussia Monchengladbach to be called off 20 minutes before kickoff.

Coach Pep Guardiola’s team will try again on Wednesday evening.

Bayern Munich, Guardiola’s former team, managed just fine under new coach Carlo Ancelotti. Russia’s Champions League newcomer Rostov was soundly beaten 5-0 in Munich. THE ASSOCIATED PRESS

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RECIPE Asian Chicken Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Crunchy textures and satisfying flavours makes this restaurant copycat come to life at home.

Ready in 30 minutes
Prep time: 20 minutes
Cook time: 10 minutes
Serves 4

Ingredients
- 2 chicken breasts
- 1/4 - 1/2 head of purple cabbage, thinly sliced
- 1/4 - 1/2 head of green cabbage, thinly sliced
- 2 carrots, shredded
- 1 red pepper, thinly sliced
- 1/2 cucumber, peeled and sliced
- 2 spring onions, sliced
- handful cilantro, chopped
- 1/3 cup peanuts, chopped (optional)

Dressing
- 1 Tbsp sesame oil
- 1 Tbsp soy sauce
- 1/2 tsp sriracha
- 1 Tbsp vegetable oil
- 1 tsp fish sauce
- 1 tsp sugar

Directions

1. Fill a skillet with water and season with salt and pepper. Bring to a simmer. Place chicken breasts in the water and cook 10 to 12 minutes, depending on how thick the breasts are. Remove meat from skillet and place on a clean plate. Use two forks to shred the chicken.

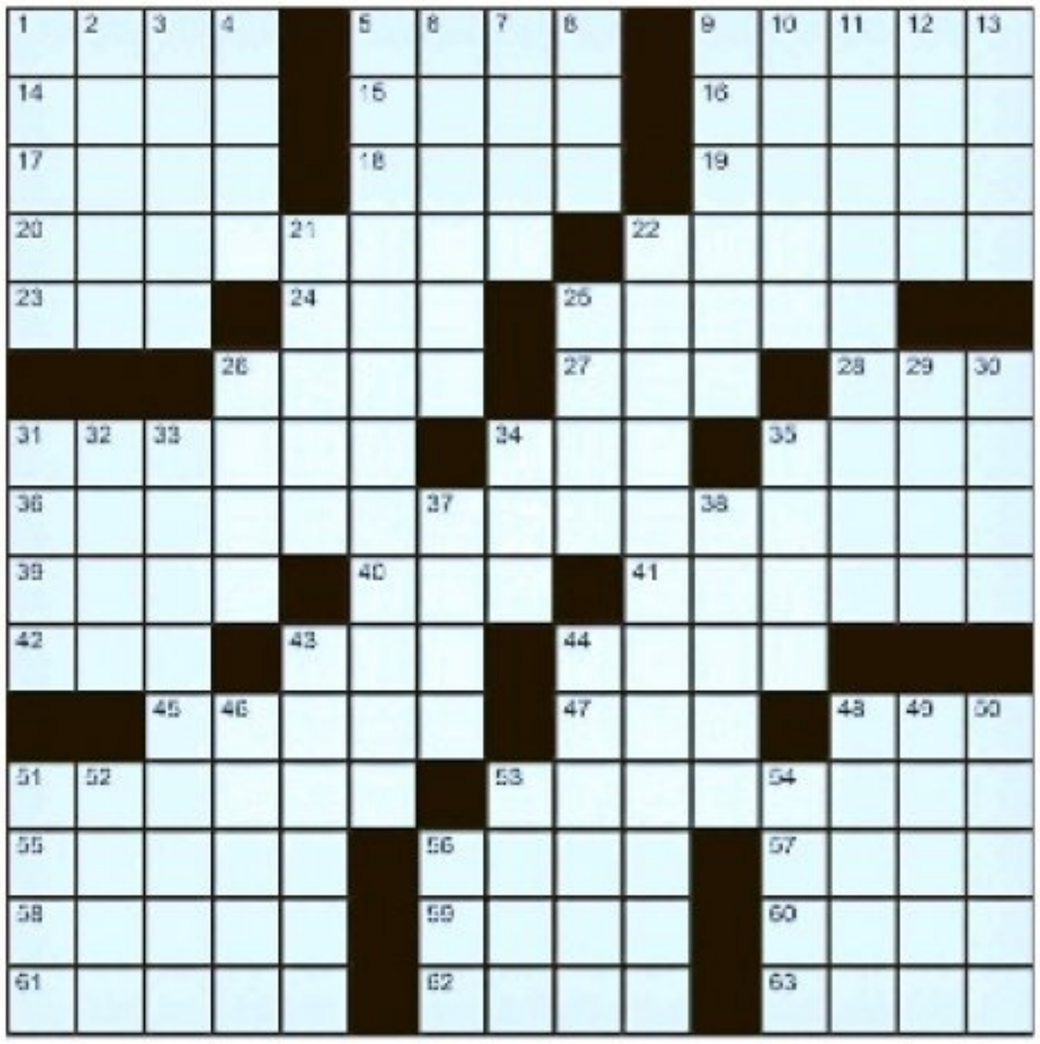
2. In a small bowl, whisk together the dressing ingredients

3. In a large serving bowl, toss together the vegetables and chicken. Drizzle dressing over the salad and toss again. Serve the salad in bowls and garnish with cilantro and chopped peanuts.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Red Hot Chili Peppers song: _ Tissue
5. Health food berry
9. Singer/guitarist Colin
14. Alan _ Jr. (Skipper on Gilligan's Island)
15. Uma's The Producers (2005) character
16. "What _ _ to do then?"
17. "Mr. Holland's _" (1995)
18. New Mexico's artist colony
19. "I wouldn't _ _..." (Craver's comment-starter)
20. Top-connected-to-bottom outfit
22. Public park flapper
23. "_ magic!"
24. "I'm not quite sure..."
25. Cloudless in the daytime sky
26. Microscope piece
27. Ms. Schumer
28. "El _" (1961)
31. Real
34. Point
35. Sunburn soother
36. Early Paul Anka hit: 4 wds.
39. Neutral hue
40. Belonging to Irish writer George William Russell's pen name
41. Flip over the Closed sign
42. Rush (2013) director Mr. Howard
43. Midianite royal
44. Piece of cake
45. In theatres Sept. 23 ... The Magnificent _ (2016)
47. I Will Follow _ by Little Peggy March
48. "Eureka!"
51. Metric milk measures
53. Put the old papers in the blue box
55. Birdlike
56. Central _ ("Friends" hangout)
57. Mr. Driver of movies
58. Waltz, in Paris
59. Station, in Sherbrooke
60. Matthew the Apostle
61. Curl the lips
62. _ acetate (Banana oil)
63. Fuss

DOWN
1. Japanese decor screen
2. Head, in Latin
3. Grads
4. Aretha Franklin... _-_-_-E-C-T / Find out what it means to me.
5. Soon they'll be dazzling the trees: 2 wds.
6. Small _ Court
7. Frequently: 2 wds.
8. '_' _ in Ingersoll
9. Martin Short's talk show host character Mr. Glick
10. _ _ of the Times by Petula Clark
11. Bills fastener: 2 wds.
12. 'Within'-meaning prefix
13. Mr. Connery
21. Cut
22. Bread selection
25. Expressed
26. Beach feast
29. Ms. Skye of Say Anything... (1989)
30. Agyness _ (British fashion model)
31. Yesterday, in Yucatan
32. Fashion's Ms. Chanel
33. Subway passageway
34. Baseball great Mr. Cobb's
35. Above
37. Chow _
38. Sordid
43. Fairly fifty-fifty
44. 1962: The 4 Seasons title song lady
46. Nullify
48. Variety of tree
49. 1, 2, 3... Lift!
50. Fess up
51. Loos
52. Leo Tolstoy's The Death of _ Ilych
53. Stack of paper
54. Herd baby
56. 'Green/tee' gr.

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day to schmooze with friends and enjoy the company of others. However, it's a poor day to agree to anything important. Remember this for your own benefit.

Taurus April 21 - May 21
Do not volunteer for anything today or make an important commitment, especially with your boss or an authority figure in your life. Wait until tomorrow to do this.

Gemini May 22 - June 21
Travel will be loosey-goosey today. If you are thinking of making travel plans for the future, this is a poor day to make plans. Likewise, it's a poor day for important decisions about medicine and the law.

Cancer June 22 - July 23
If you are trying to collect a debt or settle a dispute about inheritances and shared property, postpone this for another day. Whatever you initiate today will come to nothing.

Leo July 24 - Aug. 23
The Moon is opposite your sign today, which means you have to go more than halfway when dealing with others. Be ready to accommodate them, but agree to nothing important.

Virgo Aug. 24 - Sept. 23
Just accept the fact that this is an errorprone day at work. Go with the flow and don't be on anyone's case. Chill out.

Libra Sept. 24 - Oct. 23
This is a highly creative day for you. If you work in the arts or in any creative field, you will be imaginative and original. Enjoy playful times with children.

Scorpio Oct. 24 - Nov. 22
This is a good day to hide at home and just cocoon. Whatever you do, do not make purchases, except for food and gas.

Sagittarius Nov. 23 - Dec. 21
This is a casual, conversational day. Enjoy the company of others, especially siblings and relatives. However, agree to nothing important.

Capricorn Dec. 22 - Jan. 20
Postpone all financial decisions for another day. If shopping, keep your receipts, but ideally, only spend your money today on food and gas.

Aquarius Jan. 21 - Feb. 19
For most of this day, the Moon is in your sign, but it is working at a disadvantage. This means you should be careful about impulsive decisions. Think twice.

Pisces
Feb. 20 - March 20
Research of any kind will go well today because your mind is open to searching in new directions. However, postpone important decisions until tomorrow or later in the week.

CONCEPTIS SUDOKU by Dave Green

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Your daily crossword and Sudoku answers from the play page.

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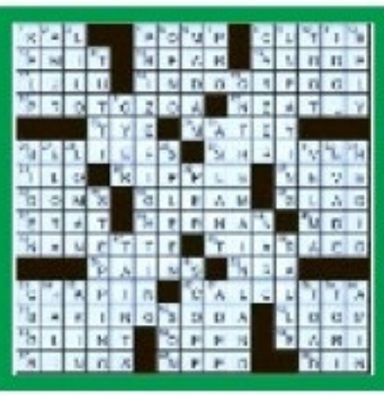

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